

Group Exercise and SilverSneakers®

May 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.		Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	
10:30 a.m.		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		Cardio X-Train ZUMBA® Gold
4:30 p.m.			Adult Drop-in Basketball		Adult Drop-in Basketball		
5:30 p.m.		Vinyasa Flow	Yin Yoga	Fitness Rx Pilates			
6:30 p.m.	Adult Drop-in Volleyball	ZUMBA®	Cardio Kickboxing	Beginning Yoga Body Blast	ZUMBA® Cardio Core Adult Drop-in Volleyball		
7:30 p.m.			Core 360		Core 360		

*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

Mondays and Thursdays,
June 6–July 21
5:30–6:30 p.m. • \$50 • Register by 6/12.
For all ages.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



Group Exercise trial week Summer session

Try any class for free June 6–12.
This Summer session runs through July 24.



1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 5 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.

Holiday hours:

May 3: 5 a.m.–10 p.m.
May 30: 7 a.m.–1 p.m.—*The TLRC is open from 7 a.m.–1 p.m. but the Lower Level is closed.*



Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) May 2016

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German*

*Advanced German class does not meet June, July, and August.

ADDITIONAL ACTIVITIES

50+ EXPO

A Healthy, Active, and Creative Lifestyle Event

Wednesday, May 11
3–7 p.m. • FREE

- Expo hall
- Health screenings
- Demos
- Entertainment

[bloomington.in.gov/50+ Expo](http://bloomington.in.gov/50+Expo)

Legal Counseling

May 2 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4

TLRC or SilverSneakers®
membership or
purchase of a
daily admission
pass is required
to participate.



Breakfast Bash

May 19

8:30–10 a.m.

Registration required.
Call 812-349-3720 to register.

*Sponsored by
Hearthstone Health Campus*



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RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

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